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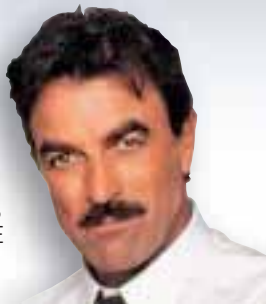
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**\$30 MILLION
WINNER**



GENTLEMEN, START YOUR 'STACHES

IN ITS FIRST 10 YEARS, MOVEMBER HAS RAISED AWARENESS AND MILLIONS OF DOLLARS FOR PROSTATE AND TESTICULAR CANCER RESEARCH **PAGE 14**



'I have made mistakes,' says Rob Ford

Exactly what those mistakes are was less clear when T.O. mayor apologized during his weekly radio show **PAGE 6**

Snowden's plea for clemency rejected

NSA whistleblower writes in letter, 'speaking the truth is not a crime'; the White House disagrees **PAGE 7**

Bumpy start to Lightning's road to 3-peat

London loses first two games of the season, the first to Windsor and the second to Mississauga **PAGE 17**



COUPLAND TEMPS AT METRO

Renowned Canadian author Douglas Coupland, second from right, is publishing TEMP, an exclusive 20-chapter fiction story, in Metro each weekday starting today until Nov. 29. The series is focused on a character that could one day be you, Metro reader. The author, who popularized the term Generation X, worked with editors at Metro's head office on the collaboration. From left, Melita Kuburas, Quin Parker, Amber Shortt, Fernando Carneiro, Lacy Atalick, Coupland and Mark Charles. Turn to pages 2 and 9 for more. DAVID VAN DYKE/METRO

London West candidate investigated

Elections Ontario. PC's Ali Chahbar in spotlight for byelection giveaway



MIKE DONACHIE
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They melted in the mouth, but it seems they may leave a bad taste.

Elections Ontario is conducting a "preliminary inquiry" into an unusual promotion used by a candidate during July's London West byelection. And it could leave him with a \$5,000 fine.

During the final days of the campaign, supporters of Progressive Conservative Ali Chahbar handed out chocolate coins to the media.

The sweet treat had pictures on either side of NDP candidate Peggy Sattler, who went on to

win and is now the London West MPP, and Liberal Premier Kathleen Wynne. They also had the text "Two faces of the same coin" and "NDP = Liberal." The coins may have tasted good, but they lacked a vital ingredient.

"There are certain advertisement requirements," said Maria Martins, manager of election finances at Elections Ontario. "One of them is the authorization requirement."

That means it needs to carry wording that says something like "authorized by the Ali Chahbar campaign."

The coins, if they can be considered election materials, don't bear an authorization.

Martins also provided sections of the Election Finances Act, which says contraventions of the law on political advertising carry a fine of "not more than \$5,000."

More coverage, page 3

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Aiming for hire ground

Letter from the editor

Young, smart and living in an uncertain world

CHARLOTTE EMPEY
Editor-in-Chief

You know the Metro mindset: we're smart, quirky, rule

breakers and über disrupters. So you won't be surprised — but we do hope you'll be excited — about an exclusive collaboration with celebrated Canadian author Douglas Coupland.

TEMP, serialized fiction running in Metro each weekday from today to Nov. 29, explores what it means to be young, smart, and only temporarily employed, through

the eyes of a contemporary cast of characters just trying to carve a place for themselves in an uncertain world.

Temp opens with: "Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me."

When Douglas ap-

proached us with his concept for a serialized narrative we jumped on the opportunity for a partnership. Douglas has been described as possibly the most gifted interpreter of North American pop culture writing today — and TEMP more than lives up to his reputation.

When I asked Douglas why Metro, he told me, "Metro is the tom-toms of the

global village. It's the new face of old media. It reaches millions of people who devour every word and it all ends up being discussed in lunchrooms, meeting rooms, and dinner tables around the world."

And what does TEMP say about Douglas' take on tomorrow?

Read on! The first installment is on page 9.

Like alien eggs inside your brain

In the next four weeks you'll be reading the daily story of a very likeable character named Shannon. You already know Shannon — everyone knows Shannon — you may well be Shannon. She's that slightly geeky gal who temps at every office you've ever worked at. She's funny, she's got her head screwed on right, and most of all, Shannon lives in our collective real world. She lives in the year 2013 and Shannon's world is changing and mutating as rapidly as yours.

Change: that dreaded word. If only we could have a one-year holiday from change — but that's not going to happen and we all know it. So then, how do we make the most of life as it's really lived? How do we cope and find the good stuff amidst the

Dépêche fiction

A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction.

bad stuff? That's what Shannon's all about.

But wait. Why Metro? And why me writing about a character named Shannon in Metro? Two reasons. One: I always set my books in what I call "the extreme present tense." As living creatures, the present moment is all we have. It truly is... it's freaky

and messy and weird. But it's ours and soon enough the present tense will become the Good Old Days — so enjoy it.

Two: I'm no longer sure if fiction is keeping pace with life and how we live it. I'm a born experimenter and I want to try something new to address this lack. I've said it before, and I'll say it again: as a species we've never been smarter yet we've never felt more stupid. We live in a world of devices and clouds and economic bubbles. A traditional novel will always be central to human civilization, but I get the impression a new form of storytelling is being called for. I call it dépêche fiction: fast-changing fiction. (Yes, kind of like Depêche Mode, a band I totally



like.) Dépêche fiction is a cappuccino hit. Dépêche fiction is a really awesome Russian dash cam clip. Dépêche fiction is written so that it accumulates in your brain over time, and then, just like alien eggs, it suddenly hatches and makes your brain say, "Hey! I'm feeling something tingly and new! And BTW, I've overtaken your existence!"

What to expect? Well, it's not The Office, and it's not a comic strip. TEMP is something new — and you get to

be a part of the experiment. And Metro is the perfect slot for TEMP. Metro is read by people who are out there in the world living a full-on modern experience. Fiction is about readers being able to say, "Wait — that's how I see the world!" And I hope that's what you feel. And now let the eggs hatch.

DOUGLAS COUPLAND

If squeezed right, lemon senators could turn into lemonade for Tories

Conservatives are hoping a vote to suspend three errant senators without pay this week might help turn the page on a scandal that has jammed their political momentum for months.

MPs and a handful of senators are returning to Ottawa from Calgary after wrapping up a two-day biennial policy convention that just might have added another chapter or two to the saga however.

"Honestly, what most of our MPs are hearing from constitu-

ents is that they're sick of the whole story and the issue, they want to see something decisive done in terms of accountability and then to move on," Employment Minister Jason Kenney said in a weekend interview.

"I hope that the Senate makes a decision on that motion as soon as possible and I do hope that we can make some lemonade from the lemon of this whole issue by re-energizing efforts for fundamental Senate reform."

THE CANADIAN PRESS



Stephen Harper and Laureen Harper
JONATHAN HAYWARD/THE CANADIAN PRESS

Fight not over. Minorities, women in military suffer more harassment: Survey

Women, aboriginals and visible minorities in the Canadian Forces say they experience higher rates of sexual and personal harassment than their peers in the military, according to a survey that found many don't bother reporting it for fear of being labelled troublemakers.

The Canadian Forces Workplace Harassment Survey found that over a 12-month period, 16 per cent of Can-

adian Forces members who took part in the research experienced personal harassment, which could include offensive comments relating to race, religion, sex or physical traits.

Of that, roughly one third of so-called designated group members — aboriginals, visible minorities or people with disabilities — said they suffered some form of personal harassment. THE CANADIAN PRESS

Pedestrian. Woman in critical condition after Wonderland Road crash

A woman was listed in critical condition in hospital Sunday after she was hit by a car on Wonderland Road North.

Police said the victim was walking about 8:15 a.m. at the Aldersbrook Road intersection when the collision happened.

A blue Mazda 3 was heading eastbound on Aldersbrook and made a left turn onto Wonderland, police said, colliding with the 66-year-old. She had been walking west on the north side of the intersection.

The 54-year-old female driver of the car, who was its only occupant, was not injured.

Wonderland Road was closed between Gainsborough and Fanshawe Park roads for about four hours as police investigated.



A police officer blocks off a section of Wonderland Road on Sunday after a pedestrian was badly injured. MIKE DONACHIE/METRO

No charges had been laid as of Sunday evening.

Anyone with information is being asked to contact police at 519-661-5680.

MIKE DONACHIE/METRO

Woodstock. Cops warn of counterfeit cash

Woodstock police are warning business owners to beware of fake money.

Suspects entered several east-end businesses on Thursday afternoon and attempted to pass several counterfeit \$100 bills, police said.

Four bills were accepted and a number of others were refused by clerks working registers. In each case, the suspects used the bills to pay for small purchases, police said.

If money is believed to be counterfeit, it should be refused, and police should be contacted.

METRO

Real or fake?

- **A metallic strip.** If you tilt a real bill back and forth, the numbers and maple leaves change colour.
- **Raised ink.** The ink on large numbers is thicker on real bills.
- **Dashes.** If you hold a real bill up to a light, dashes become a solid line.
- **Ghost.** A small ghost-like image of the portrait on real bills appears when held up to a light.

Breast-health fundraiser

Bust a Move with Tommy Europe

Get ready to sweat.

The St. Joseph Hospital Foundation's Bust a Move for Breast Health fundraiser will make a return to London on March 29.

This year's celebrity guest will be Tommy Europe, a Canadian fitness expert known for his tough-love workout regime.

Last year's event, which saw fitness icon Richard Simmons sweat it out at the London Convention Centre, raised nearly \$1.1 million for breast care at St. Joseph's hospital. METRO

Family from Colombia

Habitat builds new east-end home

Habitat for Humanity is looking for volunteers and thanking its sponsors as it breaks ground on a home in east London.

The home will benefit husband-and-wife Cielo Vaca, Manuel Garcia and their teenage children.

The family immigrated to Canada from Colombia and have been unable to work in their chosen careers — engineering and finance — because of language barriers.

The family has been living in a small rental house for five years. METRO



Progressive Conservative leader Tim Hudak, left, and London West candidate Ali Chahbar on the campaign trail during this summer's London West byelection. METRO FILE

Chahbar: Campaign '1,000 per cent ethical'

Chocolate coins under scrutiny. Tory candidate says he's surprised by Elections Ontario probe



MIKE DONACHIE
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Progressive Conservative candidate Ali Chahbar has been left puzzled that his chocolate coins stunt is under scrutiny.

Investigated for what?

"This is news to me."

Ali Chahbar

Chahbar, who lost by more than 3,000 votes to New Democrat Peggy Sattler in the Aug. 1 vote, was adamant that his campaign was run properly when Metro told him that Elections Ontario was investigating a move by his supporters.

It came as a surprise to him, he said.

Chahbar has heard nothing about the inquiry. He said no one from Elections Ontario has been in touch with him or anyone from the Tories to talk about chocolate coins.

But he said there's "absolutely no question" that his paperwork, financially and otherwise, is in order.

"Everything is above board and in line with the election finance laws," he said.

"We ran a 1,000 per cent ethical campaign in every regard."

His supporters handed out the chocolate treats to the media as they interviewed Chahbar in London on July 31.

It's also believed they were given to members of the public, although Chahbar said he was unsure what happened.

It was just one small part of a long, eventful campaign.

See related story on page 1

What the law says about political ads



The foil wrapper for one of the chocolate coins. MIKE DONACHIE/METRO

Subsection 1(1)

Ontario's Election Finances Act defines political advertising as "advertising in any broadcast, print, electronic or other medium with the purpose of promoting or opposing any registered party or the election of a registered candidate."

- Could it refer to chocolate coins with a slogan on a sticker? It might.

Subsection 22(9)

A political advertisement in any medium shall name, (a) the person, corporation, trade union, registered party or registered constituency association who is causing it to appear; and (b) any other person, corporation, trade union, registered party or registered constituency association who is sponsoring or paying for it.

- Chahbar's name was not on the coins.

Consequences:

What happens if you break the rules?

- This: "A person, political party, constituency association or third party that knowingly contravenes a provision of this Act for the contravention of which no other penalty is provided is guilty of an offence and on conviction is liable to a fine of not more than \$5,000."

Sarnia man found dead at London jail after 'obvious trauma': Cops

EMDC. Police investigating cause as possible inmate-on-inmate attack



MIKE DONACHIE
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London police are continuing to probe the death of an inmate at the Elgin-Middlesex Detention Centre.

Details of the Friday incident are scant, but the police did identify the man as Adam Harvey Kargus, 29, of Sarnia.

On Twitter, Kargus described himself as an "infamous tattoo artist and dedicated boyfriend."

A major police presence continued at the detention centre Sunday, where members of the major crime section are investigating. The



The London Police Service's command centre arrives at Elgin-Middlesex Detention Centre on Friday after a death was reported there. MIKE DONACHIE/METRO

cops' mobile command centre was also moved to the grounds of EMDC, which is off Exeter Road.

Police said the cause of

death has not been determined, but spokesperson Const. Ken Steeves, at the centre Friday, said Kargus was the victim of "obvious

trauma."

The inmate was discovered at about 9:55 a.m. following "an incident," said a provincial government

spokesperson.

"We had a call this morning just before 10 a.m. from staff from the Elgin-Middlesex Detention Centre

advising there was a male in medical distress," said Steeves.

"When we arrived he was VSA — vital signs absent — and he was later confirmed as deceased."

Brent Ross, spokesman for the Ministry of Community Safety and Correctional Services, said he was unable to answer any questions about the death.

He made a short statement confirming an incident had taken place and that investigations were continuing.

Kargus's death comes four years after inmate Kenneth Randall Drysdale died at the EMDC.

Drysdale, 46, of London, died in April 2009 as the result of head trauma caused by other inmates.

His family launched a lawsuit in 2011 against the Ministry of Community Safety and Correctional Services.

Veterans' Week starts with Battle of the Atlantic ceremony

A poignant act of remembrance on Sunday began an important week for Canada.

As Veterans' Week started, people came together at London's Naval Reserve Division, HMCS Prevost, to remember those who gave their lives for their country.

Civilians and armed forces personnel gathered at the Battle of the Atlantic Memorial to place more than 1,200 poppies beside pictures of those who died during the Second World War.

The memorial is 25 granite stones, set in the grass and representing ships and sailors who were lost. Each has a name and a date: "HMCS Ottawa, 14 September 1942" or "HMCS Valleyfield, 7 May 1944."

There are 24 for ships and one for the Merchant Navy.

Alongside are dozens of photographs of the lost. Many are heartbreakingly young.



Poppies are placed alongside pictures of sailors who died in the Second World War during a Sunday ceremony at London's HMCS Prevost.

MIKE DONACHIE/METRO

Symbols

1,200

More than 1,200 poppies were placed during Sunday's memorial event.

"Many would not have graduated from high school, yet they took it upon themselves to serve their country in its time of need."

"I think it's important that we recognize that and indeed, that all Canadians recognize the sacrifices made by all members of the Canadian armed forces on behalf of our country."

MIKE DONACHIE/METRO

On the web

For more local news, visit metronews.ca



How you mend a broken heart

Singer Michael Buble, pictured here during a September performance in New Jersey, is coming to Budweiser Gardens on June 30. The show, marking Buble's second appearance in London, is part of an eight-stop tour in cities across Canada. Tickets go on sale Nov. 15. GETTY IMAGES

'Large volume of debris'

City appeals for help to catch parking-lot dumpers

More garbage has been illegally dumped in an east London parking lot and the city wants to catch the dumpers.

An appeal to the public was made Friday after "a large volume of debris" was dumped in the municipal lot at Elizabeth and Dundas streets. The dumping happened at about 10:15 p.m. on Oct. 29 and, just like an incident two weeks before, was caught on camera.

City staff are circulating pictures of the dumper, who used a van to move their garbage.

"Individuals continue to illegally dump debris at this municipal parking lot regardless of the additional 'no dumping' signage," said Heather Chapman, manager of municipal law-enforcement services.

Anyone with information is asked to contact municipal law-enforcement services at 519-661-4660 or enforcement@london.ca.

MIKE DONACHIE/METRO



London police detectives enter the apartment complex at 1223 Richmond St. shortly after three people were found dead Thursday morning. SCOTT TAYLOR/METRO

Richmond Street deaths deemed murder-suicide

Police say three people found dead in a Richmond Street apartment died in a murder-suicide.

Autopsies completed Friday showed the trio died of gunshot wounds, and a firearm was recovered at the scene, police said in a brief statement.

The victims have been identified as Mohammad Walji, 43, Shyroz Walji, 42, and Qyzra Walji, 21.

Mohammad Walji is reported to have been the

building's superintendent, but quit his job prior to the incident.

Qyzra Walji graduated from Oakridge Secondary School earlier this year and a memorial has been set up in her honour.

Officers were dispatched to the complex, called the Senate, on Thursday after a property-management employee entered the apartment.

"At around 10 a.m., we were notified of a check-

welfare call at this address," police Const. Ken Steeves said last week. "When we attended, we found three bodies, all deceased."

Police said early in the investigation that they weren't looking for suspects, but they remained on the scene Thursday into Friday afternoon.

The apartment complex, located just north of Western University's gates, is occupied mostly by students.

METRO

Time to decide on performing arts venue: Consultants

Report. As city faces competing plans, taxpayers say they want co-operation



MIKE DONACHIE

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The City of London must "take a clear position" on competing plans for a performing arts venue, consultants say.

But before that happens more information is needed, says a report from Novita Interpares Ltd. The report will be tabled at Monday's meeting of council's investment and economic prosperity committee.

The experts have said the information provided so far isn't enough for city staff to choose between the two plans, put forward by Orchestra London and the Grand Theatre.

So both sides have been asked a series of questions, said corporate investments and partnerships director

Proposals

- Orchestra London wants to build a performing arts centre with an attached tower of 200 residential units. If successful, it will also include a tower of offices. It wants \$10 million of city money as part of the big budgets.
- The Grand Theatre plans involve the city providing land to private companies that own the plots they need.
- There's a highrise residential development involved in this proposal, too, supporting the project with a 1,200-seat venue.

Harvey Filger. After those are answered, staff can recommend what councillors should do.

"Despite the fact that the two proposals are different, the exact same questions

have been put to both," Filger said in his own report to councillors. "The questions address topics such as: Capital financing, capital-cost control and risk management, project timetable, ownership and operations."

The city is also gathering information about the proposed sites and suggested land exchanges, he added.

It's all part of a major submission to the city's investment and economic prosperity committee, which also includes the results of public consultation on the issue.

So what does the public want? Co-operation, says Filger.

"The opportunity for (Orchestra London) and the Grand Theatre to join together in a joint proposal was a consistent theme throughout the publication consultation process," his report points out.

Follow Mike Donachie on Twitter @Mike_Donachie



Tory MPP urges action against Asian carp

A Tory MPP is worried Ontario's Ministry of Natural Resources is not taking the threat of Asian carp in the Great Lakes seriously enough.

"We need action, not more environmental laws or strategies or panels or dithering," Toby Barrett said, referring to a Great Lakes environment bill before the legislature.

"My fear is that this Ontario government is not up to speed.... They just don't

get it."

Barrett, whose riding includes the north shore of Lake Erie, expressed his concerns after researchers with the U.S. Geological Survey and Bowling Green State University reported for the first time they've determined a species of Asian carp has successfully reproduced within the Great Lakes watershed.

Four grass carp were captured last year in Ohio's Sandusky River, a tributary

of Lake Erie. Scientists concluded the fish spent their entire time in the river and were not introduced by other means.

Barrett said the \$7-billion sports fishery and \$234-million commercial fishery is in jeopardy.

The U.S. Army Corps of Engineers is scheduled to release a report in coming months on a long-term solution to the Asian carp threat.

TORSTAR NEWS SERVICE

Ford sorry for drunkenness but says he's no drug addict

The show does go on.
T.O. mayor says he will explain contents of the video if it's released

Toronto Mayor Rob Ford acknowledged Sunday that he has made mistakes — including being “hammered” in public — but left unanswered questions about the alleged crack video.

“I’m the first one to admit I am not perfect. I have made mistakes,” Ford said on his weekly radio show.

“Unfortunately, I cannot change the past; I can just move forward and learn.”

Ford apologized to his family, city council and Toronto taxpayers. He said he was referring to being inebriated in public and texting while driving.

Ford didn’t discuss the contents of the video that allegedly shows him smoking crack.

“When the video is released, I’m going to explain to the best of my ability what’s in the video,” said Ford, who asked Po-

lice Chief Bill Blair to release it.

But when the scandal first broke in May, Ford insisted there was no video at all.

Ford said later Sunday in an interview that he does not have a drug addiction problem.

“I’m not an addict of any type of drug — even alcohol,” he told radio station AM640.

Blair said Thursday that the video will be evidence against Alexander Lisi — a friend of the mayor. Police allege Lisi tried to get his hands on the video and charged him with extortion.

Toronto police said Sunday that it is up to the courts to decide whether evidence is released to the general public.

There have been repeated accounts of Ford appearing intoxicated in public. On Sunday he acknowledged getting “hammered” during a street festival last summer.

At the time, Ford downplayed his behaviour, saying in August that he didn’t do anything offensive and that videos of him appearing intoxicated were blown out of proportion.

THE CANADIAN PRESS



Toronto Mayor Rob Ford appears on his NewsTalk 1010 radio show on Sunday. MARK BLINCH/THE CANADIAN PRESS

Perspectives

“Whatever this video shows, folks, Toronto residents deserve to ... judge for themselves.”

Toronto Mayor Rob Ford, asking police to release the video to the public.

“I would urge my colleagues to (give Ford a chance) to show that ... in fact he has learned his lesson.”

Deputy Mayor Norm Kelly

“I think ... he’s making a mistake and he should step down until it’s resolved or charged.”

Toronto resident Mike Dukelow, adding that the scandal is damaging the city’s reputation.

Another CN Rail train jumps tracks, less than 100 km from last one

There has been another derailment of a CN Rail train, this time near the hamlet of Peers in west-central Alberta.

A news release from Yellowhead County says 13 cars were involved — 12 carrying lumber and one tanker with sulphur dioxide.

The county says the sulphur dioxide is categorized as a dangerous-goods cargo, but added that the tanker wasn’t leaking.

Yellowhead County says its fire chief went to the scene but that CN didn’t ask for assistance because there wasn’t a fire or any immediate safety concerns for residents.

The derailment is less than 100 kilometres from the scene of last month’s train disaster in Gainford,



Investigators and workers go over the scene of a CN train derailment west of Edmonton, near Peers, Alta., on Sunday. JASON FRANSON/THE CANADIAN PRESS

in which roughly 100 residents were forced from their homes.

Rail cars laden with pet-

roleum products caught fire, and it took days for the fires to burn themselves out. THE CANADIAN PRESS

Surreal battle. Neighbours fight off polar bear attack

Mitch Paddock was at a friend’s house in what’s known as the polar-bear capital of the world early Friday when he heard a woman scream.

He ran outside and saw his neighbour, who he and others have identified as Bill Ayotte, on the ground being mauled.

“He was on his back; the bear was right on top of him with both paws,” Paddock said Saturday from Churchill, Man.

Ayotte had run out to help the woman, Paddock said. He explained that the man hit the animal with a shovel, giving the woman time to flee.

But then Ayotte was the one in serious trouble.

Paddock said he raced into his house to grab a shotgun that shoots fire-cracker shells, which are designed to scare wildlife. He said many people in Churchill have them.

He ran back to the scene in his socks and began firing, but the bear remained undeterred.

“Another neighbour ... was throwing shoes,” he said. “One of my neighbours was standing on the deck in his underwear, shooting at him, too.

“Eventually I hit him in the side with one of these cracker shells, and ... he ran away.”

Mauling

“It was pouncing on him. That’s what polar bears do.... He was kind of jumping on Bill’s chest.”

Witness Mitch Paddock

But the bear only ran a few metres before resuming the attack. At that point, Paddock said the neighbour who was also shooting jumped into his pickup truck and drove up to the animal while honking the horn. That eventually drove the bear away, he said.

Police said Ayotte, 69, suffered lacerations and was taken to hospital in stable condition. The woman, who police said was 30, was in the same state.

Manitoba Conservation said they fatally shot two bears. A spokesman said it’s not normal practice to automatically shoot bears, but that’s what the situation required. THE CANADIAN PRESS

Age of consent

Vatican changes — progress or PR?

While Vatican City amended its criminal code in July to raise the age of consent to 18, has anything really changed?

Previously, the Vatican had the lowest age of consent in Europe — 12 — and a record of child sex-abuse scandals. Pope Francis overhauled the criminal code, in part to comply with international treaties.

Now, sex with a person under the age of 18, prostitution or possession of child porn can be punished by up to 12 years in prison.

Critics say this hasn’t changed anything and is a feel-good gesture to help generate positive headlines.

The Vatican also made it a crime to leak information about criminal activity to anyone outside the church — punishable by up to eight years in prison.

VAWN HIMMELSBACH/FOR METRO

White House, lawmakers say 'no clemency' for Snowden

A 'terrible idea.' The NSA analyst-turned-whistleblower made the plea in a letter saying 'speaking the truth is not a crime'

The White House and the leaders of the intelligence committees in Congress are rejecting National Security Agency-con-

tractor Edward Snowden's plea for clemency.

"Mr. Snowden violated U.S. law," White House adviser Dan Pfeiffer said Sunday about the former systems-analyst-turned-fugitive who has temporary asylum in Russia.

"He should return to the U.S. and face justice," Pfeiffer said, adding when pressed that no offers for clemency were being discussed.

Snowden made the plea in a letter given to a German polit-

ician and released Friday. In his one-page typed letter, he asks for clemency for charges over allegedly leaking classified information about the NSA to the media. "Speaking the truth is not a crime," Snowden wrote.

Snowden's revelations have led to calls by allies to cease such spying, and moves by Congress to overhaul U.S. surveillance laws and curb the agency's powers.

But the head of the Senate Intelligence Committee said

if Snowden had been a true whistleblower, he could have reported it to her committee privately.

"That didn't happen, and now he's done this enormous disservice to our country," said Democratic Sen. Dianne Feinstein. "I think the answer is no clemency."

The chairman of the House Intelligence Committee, Rep. Mike Rogers, called clemency for Snowden a "terrible idea."

THE ASSOCIATED PRESS



In this image made from TV taken in September and made available by the Rossiya 24 TV channel on Friday, Edward Snowden looks at a photographer on a boat during a trip on the Moscow River. LIFE/NEWS/ROSSIYA 24/THE ASSOCIATED PRESS



The new reality for runners after Boston Marathon bombings

A counterterrorism police officer uses a metal-detecting wand at a security checkpoint near the finish line of the 2013 New York City Marathon on Sunday. The race, which was cancelled last year due to Superstorm Sandy, saw increased security in the wake of the April bombings at the Boston Marathon, with much of Central Park barricaded off and fans waiting in bag-check lines to get in. KATHY WILLENS/THE ASSOCIATED PRESS

Gunmen kill dozens in Nigeria wedding attack

Suspected Islamic militants attacked a wedding convoy in northeast Nigeria, killing more than 30 people, including the groom, a government spokesman said Sunday.

Military spokesman Lt. Col. Muhammed Dole said only five people were killed in Saturday's attack on the highway between Gama and Gwoza towns in Borno state that runs alongside forests

known as a hideout of Islamic militants of Boko Haram.

But a minibus taxi driver said he passed many bodies on the road near Firgi village, where the wedding ceremony took place Saturday.

"We saw a lot of dead bodies killed by gunshots and some by the roadside that appeared to have been slaughtered" with their throats slit, the driver, identified as

Shaibu, said Sunday.

Adamawa state spokesman Ahmad Sajoh said the wedding fatiha, the official Muslim ceremony, had taken place in Firgi village in neighbouring Borno state and the groom and guests were driving home to Adamawa when they were attacked.

Last week, suspected extremists attacked a military checkpoint in the same area

and witnesses said they killed at least four security force members and made off with army vehicles, weapons and ammunition.

Attacks continue in northeast Nigeria more than five months after the government declared a state of emergency and flooded three states that cover one-sixth of the country with troops and police officers. THE ASSOCIATED PRESS

LAX shooting. Suspect says he had no help except ride to the airport

The 23-year-old gunman charged in a deadly shooting at Los Angeles International Airport told authorities at the scene that he acted alone and had been dropped off at the airport by a friend, a law enforcement official who has been briefed on the investigation said Sunday.

Authorities do not believe the friend knew that Paul Ciancia, the man charged in the attack, planned to open fire inside LAX's Terminal 3 just moments later, killing one Transportation Security Administration officer and wounding four others, said the official, who is not au-

Capital offence

Federal prosecutors charged Ciancia on Saturday with murder of a federal officer and committing violence at an international airport. The charges could qualify him for the death penalty.

thorized to speak publicly about the investigation and requested anonymity.

Ciancia was dropped off in a black Hyundai and was not a ticketed passenger. He was able to respond to investigators' questions at the scene Friday, the source said. THE ASSOCIATED PRESS

Wisconsin

2 planes carrying skydivers collide; all jump to safety

Two planes carrying skydivers collided in midair Saturday evening in northwest Wisconsin, but all the parachutists were able to jump free with no major injuries reported.

Mike Robinson, an instructor and safety adviser for Skydive Superior, said he and four others were preparing to jump from a lead plane when a trailing plane hit their craft, causing a fireball and shearing off the craft's right wing.

THE ASSOCIATED PRESS

Chicago

A peek under an escalator reveals a little alligator

A small alligator found under an escalator at Chicago's O'Hare airport has left authorities puzzled.

A worker discovered the foot-long alligator on Friday, police spokesman Jose Estrada said Sunday. An officer captured the reptile by putting a trash can over it.

"We don't know where it came from or how long it'd been residing in the airport facilities," Estrada said. "It's one of those random incidents."

THE ASSOCIATED PRESS

Women's rights. Bank of Canada may put women on currency ... next time

Bank of Canada governor Stephen Poloz says he is "absolutely open" to the idea of putting an identifiable woman back on Canada's currency, but that will have to wait until the next roll-out of bills.

The central bank has taken heat from women's groups for removing the so-called Famous Five, relating to the Supreme Court case that recognized women as persons, from the \$50 note in the most recent roll-out of polymer bills.

Poloz acknowledges he had a weighty petition with

Patience is a virtue

Poloz unveils the last of the current series — the \$5 and \$10 notes — on Thursday.

- "I know people may find (the lack of women) disappointing ... but let's think of that as the next big idea ... for the next series."

22,000 signatures plunked on his desk recently drawing his attention to the omission.

THE CANADIAN PRESS



The new \$50 bill, released in 2012, drew ire for removing the so-called Famous Five. The Bank of Canada governor says he is 'absolutely open' to the idea of putting an identifiable woman back on Canada's currency. THE CANADIAN PRESS FILE

Following bad press

EBay apologizes, quickly removes Holocaust items

Online auction site eBay has apologized after a newspaper found apparent Holocaust memorabilia, including the clothes of concentration camp victims, being offered for sale.

Britain's Mail on Sunday newspaper said items included shoes and a suitcase from concentration camp prisoners, Star of David armbands that Jews were forced to wear and the alleged uniform of a Polish baker who died in Auschwitz. The newspaper identified the seller of the uniform as a Ukrainian man who now lives in Vancouver.

EBay said it had removed 30 items from the site and donated 25,000 pounds (\$40,000 US) to a suitable charity.

The company said in a statement that "we don't allow listings of this nature, and dedicate thousands of staff to policing our site."

THE ASSOCIATED PRESS



Starbucks is expanding its Teavana 'tea bars,' which currently includes 59 Canadian locations. Our tea consumption is expected to rise 40 per cent by 2020, driven by an interest in health and wellness. NATHAN DENETTE/THE CANADIAN PRESS

Care for a spot of carbonated tea?

Brewing up change.

Companies such as Starbucks are cashing in on the resurgence of tea, opening cool 'tea bars'

Your grandmother's favourite beverage has found a new life with retailers who say tea is destined to become the next sought after sip for Canadians bored with the same old cup of coffee.

Whether it's the traditional Earl Grey or fancy variations, like carbonated teas, or tea-infused alcoholic drinks, the number of options for afternoon tea is growing at a stunning pace.

"Like wine, people are en-

Steeped in tradition

"Canada has always been a hot tea drinking country because of our British past."

Louise Roberge, president of the Tea Association of Canada, a lobbyist group for the industry

gaged by the complexities and the intricacies of tea," said Keith Howlett, an analyst with Desjardins, who watches trends in the retail industry.

"It's a familiar beverage and I think that's opened up possibilities."

During the past few years, more tea shops have established a quiet presence in neighbourhoods across the

country, relying primarily on word of mouth to entice new customers, but the buzz is about to become much louder as Starbucks tries to grab a taste of the fervour.

Last month, the Seattle-based coffee chain opened its first "tea bar" in New York City, a symbolic step towards expanding its Teavana store base. The company made the biggest acquisition in its history last year when it spent \$620 million US to acquire about 300 Teavana stores, including 59 locations in Canada.

The rollout could find a particularly receptive audience in Canada where tea is the fifth most popular beverage, with nearly 10 billion cups drank each year, according to Statistics Canada. THE CANADIAN PRESS

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Former allies. Gulf Coast residents, BP at odds over 2010 oil-spill settlement

A year ago, lawyers for BP and Gulf Coast residents and businesses took turns urging a federal judge to approve their settlement for compensating victims of the company's massive 2010 oil spill.

On Monday, however, the one-time allies will be at odds when an appeals court hears objections to the multibillion-dollar deal. That's because several months after U.S. District Judge Carl Barbier approved

the settlement, BP started complaining that the judge and court-appointed claims administrator were misinterpreting it. The London-based oil giant is worried it could be forced to pay billions of dollars more for bogus or inflated claims by businesses.

Plaintiffs' attorneys who brokered the deal want the 5th U.S. Circuit Court of Appeals to uphold the class-action settlement. THE ASSOCIATED PRESS

Random biz fact of the day

5-7 sec.

Recruiters spend an average 5-7 seconds looking at a CV. BEHIRING/NEXCARRER



JUSTIN SULLIVAN/GETTY IMAGES



Douglas Coupland

Douglas Coupland is a Canadian novelist, visual artist and designer. His first novel, published in 1991, was *Generation X: Tales for an Accelerated Culture*. He has published 13 novels, a collection of short stories, seven nonfiction books, and a number of dramatic works and screenplays for film and television. Douglas Coupland's novels and visual work synthesize high and low culture, web technology, religion, and changes in human existence caused by modern technologies.

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.



All work, low pay

Health and dental? Dream on, you part-time workers

The service industry has the highest level of temp jobs that are considered "precarious employment," according to a report called *Untapped Potential: Creating a Better Future for Service Workers*, by the Institute for Competitiveness & Prosperity and the Martin Prosperity Institute.

Part-time work that pays less than \$24,000 a year, "precarious employment," makes it tough to get ahead. Sometimes juggling more than one job, in positions such as cashiers, taxi drivers and health-care aides, few of these routine service workers receive health or dental benefits or have access to retirement pension plans, the report notes. **TORSTAR NEWS SERVICE**



GETTY IMAGES

Temp Enlivens Life-Sucking Meeting

I've learned over the years that the fastest way to turn an office to a grinding halt is simply to write 'broken' on a piece of paper, and tape it onto the photocopier. Staffers walk to the machine, see the sign, feel momentarily inconvenienced, and then glow inwardly when they realize they can blamelessly return to their cubicle and play FreeCell and trawl the Internet for Russian dash-cam car accident gifs.

Greetings. My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world. Sure, you may have a job right now, but one day you'll be me, roving from gig to gig, no medical, no dental, no anything else except the pleasure of not having to kiss ass or put up with imbeciles or care much about things like, say, life-suckingly boring meetings of the sort I sit in on at Taylor, Wagner & Kimura Filter Systems. TWK's owners are systematically moving the company to China and everyone knows it. Pretty much once a day someone

at TWK is given the axe while I, as temp goddess, casually buff my nails or stalk Facebook looking for unflattering photos of the popular kids I used to go to high school with. There used to be a full-time receptionist but she went on mat leave. So here I am. Temp!

Dan Wagner (the Danimal) who co-owns TWK understands my devil-may-care, low-commitment attitude. Like today when he called

My name is Shannon. I'm a temp, but more than that, I'm the future of employment in the Western world.

me in from the front. "If it's OK, young Shannon here is going to take notes on today's meeting." Dan always winks at me, which is slightly pervy but technically not actionable as harassment.

The Three Sarahs roll their eyes when Dan brings me in. Yes, you read that correctly: Sarah from Marketing, Sarah from Ecommerce Strategy and Sarah from Systems. Don't get me going.

So when the meeting invariably turns into an inevitable miasma of fear and crushed dreams Dan will say, "Shannon, give us a lift, why don't you. What's your random fun fact of the day?"

Today's fun fact: "Well, Dan, what country on Earth has the world's lowest age of consent?" This question was just racy enough to ensure that even the Sarahs listened in.

"What country would that be, Shannon?"

"The Vatican. The age of consent there is 12."

Even the Sarahs reacted to that one.

Random fact of the day

Women really are shoeaholics!

- In the Western world, the average man owns 12 pairs of shoes, while the average woman owns 27.



SOURCE: TIME.COM

"Seriously?"

"12?"

Everyone whipped out their gadgets and dog piled onto Wikipedia. "Wait," said Sarah Number Two, "I think it might actually be 14."

"Well," said Dan, "The 13-year-olds over there must certainly be sleeping easy tonight. Shannon, thank you for bringing joy and knowledge to our universe. Phelps, you are good."

I am.

TO BE CONTINUED...

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WHY NOT KEEP UPPER LIP UNKEMPT?

Another Movember is upon us, the moustaches are beginning to bristle in full force, and plenty of hairy events, and contests, are planned.

The movement is meant to raise money and awareness for prostate cancer, testicular cancer and men's mental health in general.

I may be a bit biased, but I do encourage you to give and get involved.

You'll certainly be in good company. Movember raised \$42.6 million in Canada alone last year. Globally, more than a million people raised \$146.6 million.

Of that amount, 87.2 per cent went toward programs supporting the above-mentioned health initiatives, while 8.5 per cent went toward administrative costs. That latter number means a very good bang for your buck, and as a donor that's what it really comes down to.

Ideally, of course, the majority of one's charitable contribution should go directly to the cause. However, that's not always the



URBAN COMPASS

Todd Devlin

london@metronews.ca

case. And since most of us don't have a great deal of discretionary income, it's important that we do our due diligence to make sure we're supporting charities that are worthy of our donations.

And just how do we do that? Luckily, it's pretty easy. As in Movember's case, most large (and reputable) organizations are transparent about their finances and post breakdowns of their funding and donations online. They'll also likely have an annual report, which is certainly worth checking out.

In the case of smaller charities, the information is sometimes harder to come by. But don't let that deter you from donating. In fact, while you may need to do a bit more digging to find the pertinent info, sometimes it's the smaller charities that offer the best bang for your buck.

Whether the charity's big or small, and regardless of whether the information comes from a charity's website, from its market-

ing materials, or straight from the mouth of a fundraiser, you want (and deserve) answers to some specific questions: What will my money help accomplish? What percentage of my donation will go directly to the cause? Where can I get updates about the charity and how my money is helping?

These are all important questions, and any charity worth your time will be happy to answer them. Meanwhile, there are some good resources online you can check.

For example, the people at charityintelligence.ca are helping donors make more of a difference with their money by providing detailed information on Canadian charities.

MoneySense magazine, meanwhile, has published its fourth annual Top 100 charity list. It provides key financial figures and a grading system for what are deemed Canada's top charities. Both of these resources are valuable and definitely worth looking at.

There are few things more fulfilling than helping a cause that is meaningful to you.

But, like most things in life, the process isn't cut and dry.

Follow Todd Devlin on
Twitter @UrbanCompassLdn



Contest winner's ears must have been ringing



COURTESY ALEXANDER WHISTLERS

Capturing a sense is part of the challenge

Alexander Whistlers, of Russia, is one of this year's global grand winners of Metro's Photo Challenge with his submission of the child musician. This year's challenge entailed capturing a sense. Whistlers and another

Photo Challenge winner will join sponsor Reach for Change on a life-changing trip to Ghana, West Africa. There they will meet Change leaders — local heroes improving life for children.

The photos taken during the expedition will be published worldwide in Metro. **METRO**

Listen up

"When you see a real good picture, you can feel it in your stomach. This is the one I felt from the texts in the background to the colour of the boy's face."

Urban Brädhe, contest judge

What else?

Visit metronews.ca for more photo contest submissions.

And check here tomorrow to view the second global winner.



CONTRIBUTED

WE ACT: CANADA DOES GOOD

Hope Blooms in north-end Halifax

Across the nation in our neighbourhoods, Canadians are up to a whole lot of good. Here's one we'd like you to meet:

Who: Jessie Jollymore (pictured), 54, green-thumbed go-getter

Where: Halifax, N.S.

What: Hope Blooms, a youth-led community garden

Why: "When you change the way you look at things, the things you look at change," says Jollymore.

Jollymore saw potential in a trash-filled lot of the public housing project of Uniacke Square. With chicken wire, donated seedlings and a five-hose line connected to a kitchen sink, she mobilized nine youth from the low-income neighbourhood to set up a community garden. Today, the volunteers of Hope Blooms are local leaders and expert farmers, producing more than

2,000 pounds of communal crops annually.

What inspired you to get started? "I felt that if there was something growing that the youth felt was their own, it may change things. We didn't know what we were doing at first. I basically had to search, 'How do you plant things?' But we kept digging until we had over 3,600 square feet and a greenhouse."

What motivates the work you do every day? "These youth were bullied in school, picked on because of where they live. But they changed the way they see themselves — as business people, as change-makers — and people outside the community are changing the way they see the kids."

"There's an old saying that, 'It takes a village to raise a child,' but sometimes the children raise the village."

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:

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Fan fic



The Making of Star Wars

By: J. W. Rinzler

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MIND THE APP

Kris Abel
@RealKrisAbel
scene@metronews.ca

"He had an underlying current of sensual hostility," says George Lucas as Harrison Ford whoops and hollers in hearing himself described that way, one of many recently recovered audio and video clips featured in this enhanced ebook that explores the fascinating early days of Star Wars, when Luke was a girl, Han Solo was black, and Obi-Wan was a Japanese Samurai.

Box office

Ender's Game the weekend winner

Ender's Game scored the No. 1 slot at the weekend box office, earning \$28 million in its opening weekend and sending Jackass Presents: Bad Grandpa into second place, according to studio estimates Sunday. Paramount's candid-camera comedy starring Johnny Knoxville brought in another \$20.5 million in its second weekend.

THE CANADIAN PRESS

Need to illustrate your status update?

There's an app for that.

When words aren't enough, Bitstrips supplies toons for your tales

ANDREA PARK

Metro World News in New York

If you've been spending time lately on Facebook (and who among us hasn't), you may have noticed cartoon versions of your friends popping up on your news feed from an app called Bitstrips. The app was released in 2012, but the company only came out with iPhone and Android updates in September. Now, the personalized comic app is exploding on Facebook, with more than 11 million downloads since its December 2012 launch.

Bitstrips allows you to interact with your friends through social media using comic messages and visual status updates. Here are five things you need to know about the most popular free app on iTunes right now:

1. Bitstrips is Canadian

"We've been completely overwhelmed by the enormous response," said CEO, creative director and co-founder Jacob Blackstock (a.k.a. BA). "We're ecstatic that this new way to express yourself online is capturing people's imagination in the way that it has."

Even though Bitstrips



Andrea is sucking on a sour patch kid getting ready for the night.

Metro writer Andrea Park tries out Bitstrips. CONTRIBUTED



Bitstrips has more than 11 million downloads since December 2012. CONTRIBUTED

first rose to prominence in Canada, the app has taken off around the world, from Europe to Latin America. It's

even been adopted by the Ontario school system for use in classrooms across the province.

2. You are the star

You can completely customize your avatar on Bitstrips, from adding in a wheelchair to changing the size of your pupils. You can then add your character into preset Bitstrips scenes; you can share these on Facebook or make greeting cards with them.

3. Your friends can join you in the comic strips

If your friends are on Bitstrips with their own avatars, you can add them into your own comic strips for fun, pre-set scenarios like, "Jane finally bores John to death," with a comic of John leaving on a stretcher while Jane chats away.

4. You need to have Facebook to use Bitstrips

Like it or not, if you want to use Bitstrips you have to be game for letting the app post your comics on Facebook. You can change the privacy settings of your Bitstrips so your Facebook friends don't see them, but they do get sent to your profile. The strips are meant to be used in lieu of a Facebook status or wall post, like, "John is excited to be going on vacation."

5. You can change the Bitstrips scenes

While the background and positioning of the avatars will stay the same in given Bitstrips scenes, you can change facial expressions and text to make the strips your own.

For more info, visit bitstrips.com. WITH FILES FROM VAWN HIMMELSBACH

2 SCENE



Good friends. Good food. Good times.

TEMP2710

MARGARITAS
& Chicken
Fingers



Justin Bieber. ALL PHOTOS GETTY IMAGES

At least he's not peeing in a bucket — Bieber caught leaving brothel

They grow up so fast.

Just days after allegedly spending the night with a prostitute in Panama, Justin Bieber was caught by photographers sneaking out of a brothel in Brazil, according to Page Six. As one of his security guards sprayed photographers with water in an effort to ward them off, others hurried the 19-year-

old Canadian pop star out the front entrance hidden under a sheet bearing the logo of the brothel — though one of Bieber's many tattoos was clearly visible. Bieber and a friend reportedly spent three hours at the establishment, Centauros in Rio de Janeiro, before leaving with two women and returning to his hotel.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The sky's the limit for Kanye's wedding



STARGAZING
Malene Arpe
scene@metronews.ca

Kanye West says he wants fighter jets at his and Kim's wedding. Not because he wants to be overly ostentatious but because it's pretty much the only way to keep Kris Jenner from selling off the rented flatware.

Keith Urban says that he and his wife, Nicole Kidman, sext each other about once a year. No one dares ask what they do every five years.

The actress who played Pippi Longstocking in a 1988 movie is now stripping in Las Vegas alongside Joslyn James, one of Tiger Woods' many mistresses. See, Jon Gosselin, there is always hope.

Kim Kardashian shares that, after the birth of her baby, "when I came back from the hospital the first thing I did was go and look at my vagina in the

mirror. It looks better looking than before." #priorities #eeek #heyhowyoudoing.

Tori Spelling describes Katie Holmes as a "plastic robot" who "can't sing." "You're super-mean, Tori, and it's not my fault," says Katie Holmes. "Tommy insisted he get custody of the music programming."

Miley Cyrus's 13-year-old sister Noah is photographed while she's driving a car. "I know. That was a terrible judgment on my part," says Billy Ray. "What parent in their right mind would let their daughter get photographed clothed?"

Lady Gaga sends long-time enemy Kelly Osbourne a birthday cake and Kelly responds with "eat my bleep." Katie Holmes and Tori Spelling agree that grown women feuding like teenagers is really embarrassing.

Lindsay Lohan and Miley Cyrus hung out at a nightclub. Don't get all worked up. They probably just talked about their upcoming projects, shared helpful tips on dealing with having been child stars and then tore off their clothes and snorted drugs off the behinds of three waiters dressed as space lemurs.



Miley Cyrus

Miley getting over Hemsworth quick

Miley Cyrus appears to be moving on just fine after her split from ex-fiancé Liam Hemsworth. The Wrecking Ball singer was spotted locking lips with Good Charlotte guitarist Benji Madden at Hollywood hot spot Bootsy Bellows on Halloween, ac-

cording to E! News. Cyrus was reportedly enjoying a girls' night out with Kelly Osbourne and about 10 other friends, but her attention turned to Madden when he arrived. They later left together with a group of friends.



Robert Pattinson

No day break for Twilight stars

Robert Pattinson and Kristen Stewart met up last week, but fans hoping for a reconciliation will have to keep waiting.

The meeting between the

Twilight exes was reportedly "very platonic," a source tells TMZ. Their meeting was apparently just to discuss the two dogs they share, Bear and Bernie.

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@Harry_Styles
So that's it.



@solangeknowles
And it's better to laugh than to smh But sometimes I still gotta smh so I just smh and lol cuuuuuuuu smh lol.



@WhitneyCummings
Just saw the movie where Matthew McConaughey lost weight to look emaciated-in other words he's doing what actresses do for every movie

Housework

It's all fun and games — and your house ends up clean

Are you finding it hard to get any amount of housework done with your busy toddler?

Give yourself twice (or three times) as long to do a normal task — like vacuuming or mopping

— and try to turn it into a game where your toddler can help you.

Strap him on your back and let him push the vacuum with you. Let him help you “wring out” the mop. Let him dry dishes.

Sure, you might make more of a mess along the way, but he'll enjoy being your sidekick, and your house will at least be cleanish.

JEN WARMAN OF YUMMYMUMMYCLUB.CA



Trying to get things done around the house with a toddler can be a challenge, unless you involve him or her. ISTOCK

Exclusively online



Hannah Montana what have you done?! Find out why Miley means Mommy needs a cocktail with hilarious Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the bestselling book *Reasons Mommy Drinks*, at metronews.ca/voices



The gift of not giving a thing

A new approach. One mom shares why she doesn't want any more presents for her kids

CHRISTELLA MORRIS

YummyMummyClub.ca

We're pretty lucky in our family. In May alone, I can cross off three out of four birthdays! Christmas and the fourth birthday are taken care of in December. This makes for a lot less time worrying about buying presents and a lot more time thinking about how much stuff we have. I really can't imagine having more things in my house. Toys, clothes, sippy cups, dirty dishes — we've got so much already.

I don't want to sound ungrateful for the amazing generosity of our friends and family because we're beyond thankful for all they've given us. But it's just so much. My boys really do not need another thing.

My favourite thing about presents is giving them. I spend extra time and care when giving so I know how difficult it can be to find that perfect gift.

But what if nobody gave my boys presents anymore? What if they only gave them gifts? The gifts of experience, adventure, and, more importantly, familiarity that they truly need.

So, before the start of the holiday season, I'm beginning a new tradition by asking that our friends and family offer experiences and time with our boys instead of money spent on them. Instead of buying my boys a toy lion, why not take one (or both) of them to the zoo to see a real one? Spending some time with a family member or friend would mean so much more to them than another toy.

Not a lot of time to give? What about contributing toward one of the shockingly expensive activities the boys participate in — piano, drum, guitar, swimming, dance lessons or soccer?

Don't have a lot of money? Hey, neither do we! No biggie. How about just spending some quality time with the boys? Set a day and take them to the park. Take one of them on a bike ride. Take one to the movies. Instead of investing in their toy collections, invest in your relationship with them.

We have a really good friend

who, back in May, couldn't make it to Cash's third birthday party. She said she wanted to drop off a present at another time and I said, “He really doesn't need anything, but we'd love a visit! Why not just take him and do something with him, just the two of you?” In the end she, her boyfriend, and their friend and her daughter went to the zoo with Cash and he loved it.

I always think about the what ifs. What if something happened to me? What if something happened to their dad? They've built strong bonds with some family members, but others are only seen on occasion and only for short periods of time.

Building relationships now with these family members and friends will only benefit them in the long run if something were to ever happen to us.

These are the things I think about, people. Deep, I know.

But seriously, if you're in our circle of friends or family, please don't buy my kids presents but instead give them the gift of your time and love. That's the only thing they need.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE THAT HELPS BUSY WOMEN SURVIVE MOTHERHOOD



Giving kids your time is more valuable than presents. ISTOCK

First the pumpkin patch, then the world

This morning, my little girl is getting on a school bus and going to the pumpkin

patch on a class trip. I feel like crying. I wanted to go with her. The school said no parent volunteers. I wanted to keep her home. My husband said, “Let her go!”

I'm not sure I'm ready for my kiddo to grow up. To have experiences — without me!

I think I want her to stay my baby just a

little big longer.

But this is all part of the parenting journey (or so they say).

First it's a class trip, then day camp in the summer. Before I know it, she'll be going over to her friends' houses without me and walking to school by herself. Inevitably, she'll grow up, whether I'm ready for her to or not.

It's all just a bit hard to swallow.

How do you let your kid grow up without getting in her way? How do you hide your appre-

hension so she can go out into the world and be brave and confident and full of wonder?

I'm reminded of an interview I did last year with Dr. Michael Thompson, a psychologist and best-selling author of *Homesick and Happy: How Time Away From Parents Can Help A Child Grow*. He said, “Modern parents think their presence always adds value to their kids lives, ... but this is not the case. You cannot give your child independence. You can only open the door and let your child walk out and have an experience on his or her own.”

So, here I go. I'm opening the door. I'm not getting in my car and following that big yellow school bus all the way to the pumpkin patch (though, trust me, I've thought about it). I'm not insisting that I be allowed to accompany my child on this trip. I'm letting her go. I'm letting her grow. I'm letting her spread her little wings.

And all I can do is pray that she's always safe and happy, even when I'm not by her side.

Now someone pass me the wine — quick!

HAILEY EISEN OF YUMMYMUMMYCLUB.CA



3 LIFE

Start those 'staches: Movember marks 10 years of hairy upper lips

Worldwide campaign.

Annual event contributes millions to research and encourages men to take control of their health

Movember celebrates its 10th anniversary this fall. That's a decade spent raising funds for and awareness of prostate and testicular cancer, along with highlighting men's health in general. Since its beginnings in Australia, this annual campaign has become the world's largest non-government-funded organization donating to prostate cancer research.

"Last year, we eclipsed our goal of one million participants worldwide and raised over \$147 million," says Mark Hedstrom, a spokesman for the annual fundraiser.

Movember is a simple, fun effort that works like



Famous folks with moustaches include, from left, Tom Selleck, Clark Gable, Salvador Dali, Richard Pryor and Ryan Gosling. GETTY IMAGES

this: Participants register online and sign up sponsors.

Then, on Nov. 1, the Movember men shave their faces clean and for the rest of the month grow a moustache. In Australia, the nickname for a moustache is a mo.

Despite the millions Movember puts into research, Hedstrom says an equally important goal

of the campaign is having men take control of their health.

"We want men to think November, then Movember, and then think about getting a health check and telling other men to get a check up," says Hedstrom.

Go to ca.movember.com, hit Sign Up, and fill out your deets. It takes mere minutes to create a Mo Space page, where you can upload a profile photo, invite friends to register and donate, and set your personal URL you can send around. Join a team.

METRO AND NEIL
MORTON/FOR METRO

Facts you need to know about prostate cancer

- Prostate cancer is the most common cancer in Canadian men and the second-largest cause of male cancer deaths in Canada.
- Each year around 23,600 new cases are diagnosed in Canada and close to 3,900 Canadian men die of the disease every year.
- One in seven men will develop prostate cancer during his lifetime and one in 28 will die of it.
- If detected and treated early, there is a 95-per-cent survival rate associated with prostate cancer.
- The death rate has been declining significantly, by almost four per cent per year between 2001 and 2009 due to improved testing for prostate cancer and better treatment options.
- The chance of getting prostate cancer rises quickly after a man reaches age 50.

NEIL MORTON/FOR METRO

Men's health

Prostate cancer 101: Symptoms and prevention

What is the prostate?

The walnut-sized prostate is a part of the male reproductive system. It adds nutrients and fluid to sperm, and is located in front of the rectum, right below the bladder.

What is prostate cancer?

Prostate cancer is a disease in which some prostate cells have lost normal control of growth and division. They no longer function as healthy cells.

Signs and symptoms of prostate cancer:

- Difficulty urinating
- Urgent need to urinate
- Frequent urination, especially at nighttime
- Burning or pain when urinating
- Inability to urinate or difficulty starting or stopping urine flow
- Painful ejaculation
- Blood in the urine or semen

Beware silent symptoms

Symptoms are not always present, especially in the early stages of prostate cancer. But if detected and treated early, your chances of survival are greatly increased. It's vital to get screened regularly so that if you do develop prostate cancer, the appropriate treatment can be taken.

Diet and lifestyle

- Men who have a low-fibre, high-fat diet have a higher rate of prostate cancer.
- A high body mass index (BMI) may increase your risk of prostate cancer.
- Being physically active is a good preventative tactic, along with losing weight and eating the right foods. Consuming lycopene (found in tomatoes and tomato products), soy, green tea and cruciferous vegetables (such as broccoli), may help to prevent prostate cancer. METRO

Growing my first mo. I didn't bring sexy back, but I sure felt empowered

Last year, for the first time, I grew a mo' for Movember. I had no idea what it would be like to grow a moustache, but the reaction from friends, family, colleagues and strangers alike was fantastic.

Sure, my mo' looked a bit silly on me, as my wife and two daughters can attest — I didn't exactly bring sexy back — but it was a totally empowering experience.

For those who didn't know why I was growing my mo' (yes, there are still some folks who aren't familiar with Movember) it was a great chance to start a conversation and explain why I was doing it, and what the cause is all about — prostate-cancer awareness and men's mental health.

Participating makes you basically a walking billboard for men's health. Being my first time out, I decided to join a team. There's strength in numbers, and it pushes you to compete with your teammates for



Neil Morton shows off last year's Movember look. COURTESY NEIL MORTON

donations. It's also neat to see your collective total build up over the month. You can also create your own team, and become a captain. If you decide to grow a mo', don't be shy about asking for donations.

If you're trying it this year or considering, be proud of joining this global movement — the Movember effect. There's no better way to get men talking proactively about their health. NEIL MORTON/FOR METRO



ISTOCK

Bloody Mary isn't just a drink (or a ghost)

Bloody Mary Chicken with Olive-Celery Tapenade



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

There's a secret ingredient popping up in a diverse range of recipes.

Fish sauce, traditionally used as a flavour enhancer in Asian cuisine, is being added to dishes such as this Bloody Mary Chicken with Olive-Celery Tapenade.

1. In a zip-close plastic bag, combine the V8, fish sauce, Worcestershire, horseradish and cayenne pepper. Add the chicken, close the bag, squeezing out any air, then refrigerate and allow to marinate for 2 to 6 hours.

2. Meanwhile, prepare the tapenade. In a medium bowl, combine the celery, finely chopped green olives, lemon juice, garlic and peppers. Stir well and allow to sit for at least 1 hour at room temperature for best flavour. This

Ingredients

- 11.5-oz can V8 vegetable juice
- 3 tbsp fish sauce
- 3 tbsp Worcestershire sauce
- 3 tbsp prepared horseradish
- 1/2 tsp cayenne pepper
- 1 1/2 lbs chicken breast tenders
- 3 stalks celery, finely chopped
- 1/2 cup green olives, finely chopped
- 2 tbsp lemon juice
- 2 cloves garlic, minced
- 1/4 cup Peppadew peppers (or other sweet-hot peppers), chopped

can be prepared ahead and refrigerated, then allowed to come to room temperature before serving.

3. When ready to cook the chicken, heat a grill to high.

Remove the chicken from the marinade and grill on well-oiled grates for 3 minutes per side, or until cooked through. Serve topped with the tapenade.

THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Coffee and tea just go so well with pastries, but many are loaded with fat and calories.



Starbucks blueberry scone

460 calories/ 22 g fat

Many of us are under the impression that a scone with tea is a light snack. It's actually one third of your calories and fat for the day!

Equivalent

A Starbucks blueberry scone is equal in fat to six Eggo chocolate chip waffles.



Starbucks croissant

310 calories / 18 g fat

Can you imagine that a buttery croissant has less calories than a scone? It's true.



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Work wise: Don't let the temp be dropped

Part-timer pointers.

If you don't want to be permanently pushed from your temporary position, avoid these workplace mistakes

VAWN
HIMMELSBACH
life@metronews.ca

More companies are turning to temps to help out during busy periods or fill in when an employee is sick or on vacation.

If you're looking for full-time work or a way to supplement your income, temping can be a great option.

But if you want to keep the temp jobs rolling in, here are

Don't dress like a slob

- Even if you're not looking to turn a temping job into a full-time position, it's not a good idea to show up for work in a pair of sweats (unless, of course, you're going to spend the day painting).
- Temping can open doors to opportunities you hadn't considered, so it's important to dress for success.

five things you should avoid on the (temporary) job:

Don't reorganize your co-worker's desk

If you're temping to fill in for



Don't make a mess of this pending position. ISTOCK

someone who's sick or on vacation, there's a good chance you'll be sitting at their desk. While it's okay to wipe cookie crumbs off the keyboard, the person who regularly sits there probably isn't going to appreciate it if you tidy up their workspace or reorganize files on

their computer (or leave your own cookie crumbs on their keyboard).

Don't get involved in office politics

If you're temping on a regular basis for the same company,

it's easy to get sucked into office politics.

Try your best to avoid gossiping about co-workers and getting involved in office dramas — one of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to

go around burning bridges.

Don't use work time as personal time

It's OK to chat with your co-workers; after all, you're not a robot. But it's best to avoid compulsively checking Facebook, making personal calls or scanning job sites for full-time employment while you're on the clock — this sends a message to your temporary employer that you're not taking the job seriously.

Don't compromise yourself

While you shouldn't waste your employer's time, you should also value your own. Some temps want to make a good impression by working through their unpaid lunch break or taking on tasks that are outside of the original temping contract.

If you burn out or get sick, you won't be able to keep working — and you don't have benefits or sick days to fall back on. If you don't take care of yourself, no one else is going to do it for you.

Avoid stirring the pot

One of the downsides of being a temp is that you're easily replaceable, so it's not in your best interest to go around burning bridges.



BUILDING A BRIGHTER FUTURE

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THE friends of CANADIAN MUSEUM FOR HUMAN RIGHTS

'Round the world wisdom

Facing adversity? Failure is only information

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10, and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM
THE DESERT
Stefan Danis
life@metronews.ca

We all experience failure. But do we always learn valuable lessons? Though failure can be harsh, it oftentimes is a gateway to greater success.

In preparing for the Gobi Desert race, my failures occurred early in training. As a first-time runner, my technique was poor and, compounded with a lot of distance running, I got injured fast. In addition to stinging blisters and routinely sore muscles,



Let the "you won't make it" wash away. ISTOCK

shin splints were now a reality. Known as a debilitating runner's curse, the injury had my doctor prescribing two months of rest and suggesting I only train in the pool.

Back then, the finish line seemed further away than ever — a race that was over two months before it even began. Acknowledging reality, I accepted failure, but made the decision to reframe it as "just information."

Committing myself to in-pool training, I found myself clapping a floatie alongside the lovely grannies of the early morning aqua-fitness class. Repeatedly watching a video showing proper running technique, I adapted my own method. I relentlessly practised in the pool, where

the water's resistance allowed for slow motion running. My failure in training caused me to pause, review, and set a new training approach.

What had seemed impossible then happened. Ironically, my last step out of the water would be followed by my first step in the desert. After not actually running in over two months, and never having run more than half a marathon, I embarked on my first ever marathon.

Failure allowed me to hit reset and alter my technique. As unlikely as it may seem, failure can be the key to unlocking future successes.

STEFAN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

OUA football

Mustangs reach Ontario final

The Western Mustangs are back in the Ontario university football final.

The Mustangs defeated the McMaster Marauders 32-3 in the OUA semifinal Saturday afternoon at TD Stadium to secure their spot in next week's Yates Cup final. Game time is 1 p.m.

Western will play host to the Queen's Gaels, who earned their berth in the final after defeating the Guelph Gryphons 34-17 on Saturday.

The win Saturday was a redemptive one for the Mustangs. McMaster knocked the Mustangs out of the playoffs and went on to become the Yates Cup champions.

After Saturday's game, Mustangs head coach Greg Marshall said defeating McMaster felt good.

"(McMaster's) been a bit of our nemesis the last couple of years," Marshall said. "It feels good to kind of put a stamp on it. I know we did it in the regular season, but you've got to do it in the playoffs, and that was as convincing a win as we've ever had against McMaster."

The game was a showcase for the Mustangs' defenders, who not only shut out the Marauders in the first half, but also held them to only 82 offensive yards.

Mustangs kicker Lirim Hajruallahu also had a game to remember, kicking six field goals to tie the CIS and OUA record for most field goals in a playoff game.

Mustangs quarterback Will Finch threw for 219 yards with one interception.

METRO

MLB

Tigers go young to replace Leyland

The Detroit Tigers hired Brad Ausmus as their new manager Sunday, turning to a 44-year-old ex-catcher with almost no managerial experience to replace Jim Leyland at the helm of the three-time defending AL Central champions.

Ausmus, who worked most recently in the San Diego Padres front office as a special assistant to the general manager, emerged as Detroit's pick less than two weeks after Leyland stepped down.

THE ASSOCIATED PRESS



Knights light the lamp on Otters

London centre Chris Tierney, centre, celebrates with Mitch Marner, left, and Santino Centorame after finding the net in the second period of the Knights' 6-2 victory over Erie on Sunday at Budweiser Gardens. Also scoring for the home team were Dakota Mermis, Alex Basso, Bret Welychka, Kyle Platzer and Bo Horvat. The Knights face Guelph at home Thursday. Game time is 7 p.m. ANGELA MULLINS/METRO

Early bumps in the road to a three-peat

NBL Canada. London sitting at 0-2 after opening weekend

The London Lightning opened the 2013-14 NBL season over the weekend by doing exactly what they weren't supposed to do: Losing.

London dropped Friday's season opener 113-105 to the Windsor Express.

The back-to-back defending league champs made it a deuce Saturday, falling short in a 99-97 bout against the Mississauga Power at Budweiser gardens. The loss happened in front of 7,684 screaming fans, the largest game attendance in NBL history.

Garrett Williamson led the Lightning with 25 points on Saturday and ex-Lightning Morgan Lewis topped the



Lightning shooting guard Garrett Williamson drives to the basket during Saturday's game against the Mississauga Power at Budweiser Gardens. ANGELA MULLINS/METRO

Power with 19 points.

"When we lose they're all

tough. It's early. Down the stretch we didn't take care of

the basketball. We threw the ball away," Lightning head coach Micheal Ray Richardson said. "Overall we played OK, but we had 20 turnovers. And we shot too many three-pointers. We were 5 for 25. Our game is not throwing threes. Our game is inside."

Richardson, on the other hand, called Friday's game "horrendous" from pretty much every perspective.

"Defence was horrendous, offensive rebounding was horrendous," he said.

The losses leave London in the bottom third of the nine-team league — the Halifax Rainmen and Moncton Miracles are also winless after opening weekend.

London travels to Ottawa on Saturday to face the expansion Skyhawks. The Hawks lost their one and only game of the season, a 105-113 battle against Windsor. METRO

Injuries have Maple Leafs hurting up the middle

NHL. Centres Kadri, Smith, McClement likely to receive more ice time in the absence of Bolland, Bozak

At Maple Leafs practice the other day, Nazem Kadri was skating some routine warm-up strides when he suffered a minor humiliation. He lost his footing, slid helplessly out of control on his keister and broke the relative silence of an empty Rogers Arena with a noisy crash into the sideboards.

His teammates offered the obligatory chorus of sarcastic howls and stick taps, but nobody appeared to take as much pleasure in Kadri's good-natured shaming than head coach Randy Carlyle, who slammed his stick on the ice and smiled.

"Finish your lap! Finish your lap!" urged the coach.



Dave Bolland is helped off the ice by Leafs teammates Mason Raymond and David Clarkson in Vancouver on Saturday. DARRYL DYCK/THE CANADIAN PRESS

In the wake of Saturday's unpleasant developments in Leafland, it turns out that every little bit of cardio will come in handy for certain ranks of Leafs left untouched by injuries.

By now, Leafs Nation knows the dim details all too well. One Toronto centremen, Dave Bolland, is recovering from surgery to repair the effects of

a skate blade that pierced his ankle area in Saturday's 4-0 loss to the Canucks. Another, Tyler Bozak, has already missed four straight games with a lower-body injury and will not be available for most of the coming three weeks.

Given that Bolland and Bozak had been combining to play about 38 minutes a

Quoted

"We're leaning a little bit too heavily on our goalies, obviously."

Jay McClement, on the Leafs' knack for being outshot.

game — given that Bolland has oftentimes been Toronto's best player this season — it's an understatement to say the centre of the hockey universe is suddenly lacking in the middle.

It means the likes of Kadri, Jay McClement and fourth-line centre Trevor Smith should expect heavier minutes in the games to come.

"It's a challenge and I accept any challenge that's thrown at me," Kadri said on Saturday night.

"And even though we're hurting down that one position, everyone's got to rally around each other. This is really when you see what teams are made of." **TORSTAR NEWS SERVICE**

Capital punishment. Sens lose fifth straight, goalie carried off ice

It can be hard to stay positive when your team is struggling as badly as the Ottawa Senators have been lately, but Paul MacLean can see the bright side.

After losing 4-3 in a shootout to the Dallas Stars Sunday afternoon, the Senators' coach took solace in the fact that his team forced the game past overtime.

"I thought we dug in and found a way to get something out of a game," MacLean said. "That's a great start for our team."

While the Senators (4-6-4) will happily take the point, they realize they're left facing a five-game winless streak. In addition they haven't won on home ice since Oct. 17.

"We can't keep doing this all season," said Erik Karlsson. "We got a point and we played better than we have in the past so we have to take the positives out of things and (Sunday) that was it."

Adding to their list of woes is the fact the Senators could be without starting goaltender Craig Anderson.



Senators head athletic therapist Gerry Townend calls for a stretcher as he tends to goalie Craig Anderson in Ottawa on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Anderson went down hard after being hit by Valeri Nichushkin in overtime. He was taken off the ice on a stretcher after he appeared to take a knee to the head.

Following the game MacLean said Anderson was suffering from a stiff neck and would require further evaluation. **THE CANADIAN PRESS**

Chiefs defence goes on offensive to stay perfect

The Kansas City Chiefs can thank their opportunistic defence for keeping their perfect start intact.

Sean Smith returned an interception 100 yards for a touchdown and Tamba Hali scored on an 11-yard fumble return in a 23-13 win over the Buffalo Bills on Sunday. The defence made up for a sputtering offence that managed just 210 yards, and for its own deficiencies.

The Chiefs gave up a season-worst 470 yards to a Bills offence that was led by undrafted rookie Jeff Tuel, making his first career start.

Kansas City (9-0) remained the NFL's only undefeated team and matched the best start in franchise history set in 2003. The Chiefs now enter their bye week before a key AFC West showdown against Peyton Manning and the Denver Broncos (7-1) on Nov. 17.

The Chiefs held an opponent to 17 points or fewer for the ninth straight time — matching the NFL record set by the Atlanta Falcons in 1977.

The Bills (3-6) were unable to overcome their own errors



The Chiefs' Sean Smith intercepts a pass in front of teammate Marcus Cooper and the Bills' T.J. Graham on Sunday in Orchard Park, N.Y. GARY WIEPERT/THE ASSOCIATED PRESS

despite dominating nearly every offensive category. Buffalo had the edge in yards and first downs (25-15), and its 77 plays were 23 more than Kansas City ran.

The difference proved to be the Bills' inability to compensate for being down to their fourth-string quarterback. Tuel started in place of interim starter Thad Lewis, sidelined with bruised ribs. Buffalo's rookie starter, EJ Manuel, missed his fourth game with a sprained right knee. **THE ASSOCIATED PRESS**

Around the NFL

Jets 26, Saints 20. Nick Folk remained perfect by kicking four field goals and Rex Ryan's defence held the high-scoring Saints to six points in the second half.

Cowboys 27, Vikings 23. Tony Romo threw for 337 yards and two touchdowns, including the go-ahead score to Dwayne Harris with 35 seconds left.

Redskins 30, Chargers 24. Darrel Young scored three times, including a four-yard run in overtime that gave the Redskins the win.

Eagles 49, Raiders 20. Nick Foles tied an NFL record with seven touchdown passes to revitalize a struggling Philadelphia offence.

Seahawks 27, Buccaneers 24. Steven Hauschka kicked a 27-yard field goal in overtime and Seattle overcame a 21-point deficit to beat winless Tampa Bay.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	15	9	4	2	38	37	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
N.Y. Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
N.Y. Rangers	13	6	7	0	25	38	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	13	3	6	4	26	38	10
Philadelphia	13	4	9	0	21	37	8

Sunday's results

Dallas 4 Ottawa 3 (SO)
Calgary at Chicago
New Jersey at Minnesota

Saturday's results

Anaheim 6 Buffalo 3
Chicago 5 Winnipeg 1
Colorado 4 Montreal 1
Detroit 5 Edmonton 0
Nashville 4 Los Angeles 3
N.Y. Islanders 3 Boston 1

MLS PLAYOFFS

All Times Eastern

CONFERENCE SEMIFINALS (two-game, total-goals series)

EASTERN CONFERENCE

New York vs. Houston

Sunday's result — New York 2 Houston 2

Wednesday — Houston at New York, 8 p.m.

Kansas City vs. New England

Saturday's result — N.England 2 Kansas City 1

Wednesday — New England at K.C., 9 p.m.

WESTERN CONFERENCE

Portland vs. Seattle

Saturday's result — Portland 2 Seattle 1

Thursday — Seattle at Portland, 11 p.m.

Salt Lake vs. Los Angeles

Sunday's result — Salt Lake at Los Angeles

Thursday — Los Angeles at Salt Lake, 9 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	14	9	2	3	50	39	21
St. Louis	12	8	2	2	44	29	18
Minnesota	14	7	4	3	34	34	17
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	15	5	8	2	35	45	12

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	14	10	1	3	53	27	23
Anaheim	15	11	3	1	50	39	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	13	5	6	2	39	47	12
Edmonton	15	3	10	2	36	59	8

Note: Two points for a win, one point for an overtime/shootout loss.

N.Y. Rangers 5 Carolina 1

Philadelphia 1 New Jersey 0

Phoenix 3 San Jose 2 (SO)

Pittsburgh 3 Columbus 0

Tampa Bay 4 St. Louis 2

Vancouver 4 Toronto 0

Washington 3 Florida 2 (SO)

Monday's games

All Times Eastern

Anaheim at N.Y. Rangers, 7:30 p.m.

Detroit at Winnipeg, 8 p.m.

NFL

WEEK NINE

Sunday's results

Carolina 34 Atlanta 10

Cleveland 24 Baltimore 18

Dallas 27 Minnesota 23

Kansas City 23 Buffalo 13

New England 55 Pittsburgh 31

N.Y. Jets 26 New Orleans 20

Philadelphia 49 Oakland 20

Seattle 27 Tampa Bay 24

Tennessee 28 St. Louis 21

Washington 30 San Diego 24

Indianapolis at Houston

Thursday's result

Miami 22 Cincinnati 20 (OT)

Monday's game — All Times Eastern

Chicago at Green Bay, 8:40 p.m.

CFL

WEEK 19

EAST

	GP	W	L	T	PF	PA	Pt
y-Toronto	18	11	7	0	507	458	22
x-Hamilton	18	10	8	0	453	468	20
x-Montreal	18	8	10	0	459	471	16
Winnipeg	18	3	15	0	361	585	6

WEST

	GP	W	L	T	PF	PA	Pt
y-Calgary	18	14	4	0	549	413	28
x-Saskatchewan	18	11	7	0	519	398	22
x-B.C.	18	11	7	0	504	461	22
Edmonton	18	4	14	0	421	519	8

x — clinched playoff berth; y — won division.

Saturday's results

Hamilton 37 Winnipeg 7

Edmonton 30 Saskatchewan 26

End of Regular Season

Friday's results

B.C. 26 Calgary 7

Montreal 23 Toronto 20

PLAYOFFS

Sunday, Nov. 11

Division Semifinals — All Times Eastern

East — Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

West — B.C. at Saskatchewan, 4:30 p.m.

NBA

Sunday's results

Detroit 87 Boston 77

Brooklyn at Orlando

Washington at Miami

Phoenix at Oklahoma City

Minnesota at New York

Atlanta at L.A. Lakers

Saturday's results

Dallas 111 Memphis 99

Golden State 98 Sacramento 87

Houston 104 Utah 93

Indiana 89 Cleveland 74

New Orleans 105 Charlotte 84

Philadelphia 107 Chicago 104

Portland 115 San Antonio 105

Toronto 97 Milwaukee 90

Monday's games — All Times Eastern

Golden State at Philadelphia, 7 p.m.

Minnesota at Cleveland, 7 p.m.

Boston at Memphis, 8 p.m.

Houston at L.A. Clippers, 10:30 p.m.

Horoscopes

♈ Aries

March 21 - April 20

A financial or business matter demands your attention – not next month but right now. If you have not got it sorted by the time Mercury turns direct next weekend it could cost you.

♉ Taurus

April 21 - May 21

Offer to meet others halfway today and they will jump at the chance. Be open about what it is you desire and encourage others to be honest about their desires too.

♊ Gemini

May 22 - June 21

Don't waste time on trivial things or petty vendettas. On the work front especially you have important tasks to complete. Get serious about your ambitions.

♋ Cancer

June 22 - July 23

If you are planning on doing something out of the ordinary then you had better be quick about it. By this time next week circumstances will have changed so get it done.

♌ Leo

July 24 - Aug. 23

It should be obvious to you by now that a plan of some sort is not going to amount to much, so junk it and focus on something new. By the end of the week you will be working on something different.

♍ Virgo

Aug. 24 - Sept. 23

Few things in life are black and white and with Mercury, your ruler, still moving retrograde no doubt the whole world looks gray. Never mind. A week from now everything will be sweetness and light again, so smile!

♎ Libra

Sept. 24 - Oct. 23

Maybe something drastic will happen in your personal life to set you on a new course, or maybe your way of looking at the world will change – either way this will be a week of major developments.

♏ Scorpio

Oct. 24 - Nov. 22

Because Mercury is moving retrograde through your sign be careful not to let your mind fool you. It won't be until the 10th, when Mercury moves in your favour again, that you begin to see clearly.

♐ Sagittarius

Nov. 23 - Dec. 21

Usually you are upfront about what you think and feel but for some reason you are reluctant to let others know what's going on in your heart. Maybe it's because you're not fully sure yourself.

♑ Capricorn

Dec. 22 - Jan. 20

Someone is being less than honest and you must make it your business to find out exactly where and why they are trying to trick you.

♒ Aquarius

Jan. 21 - Feb. 19

You want to talk to someone in a position of power but you can sense that now is not the right time, and you are right. A week from now is the right time so be patient.

♓ Pisces

Feb. 20 - March 20

Try not to let slip facts that rivals might be able to use against you. Pisces is such a trusting sign that you sometimes say more than you should. Think self-preservation. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Operatic soprano Ms. Gluck
5. Tennis great, Bjorn

9. Bob or Doug McKenzie
14. Central places
15. Thought
16. Quebec-set flick, "Mon __ Antoine" (1971)

17. Palm starch
18. Sporty stuff
19. Port city of Japan
20. Unfortunately

22. Make supper
24. Internet connection letters
25. The Royal __ Winter Fair, every November in Toronto

29. Ms. Streept, to pals
30. Inflated id
31. St. __, Ontario
35. " __ don't know." (Unsure reply)

36. "Bolero" composer
39. Hagar the Horrible's dog
40. Trails
42. Pave the road again

44. Knife part
45. Book drawing, for short
47. Coffee choice
49. " __ Wiedersehen!"

50. Antarctica penguin
52. Tokyo, once
53. Ms. Thompson of Back to the Future (1985)

61. The __ In The Hall
62. Sea of __ (Black Sea arm)

63. Queen's fave dog
65. "Curses!"
67. Biblical peak

70. NHL coach Mr. Vigneault
71. Deodorant's pal
72. Was aware

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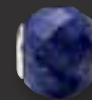
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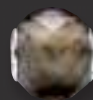
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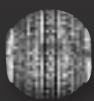
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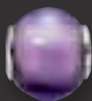
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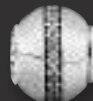
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